

**Healthy Hunger-Free Kids ACT
Nutritional Requirements 2012/13**

Calorie Ranges (min. & max.) Lunch	Grade Level
550-650	K-5
600-700	6-8
750-850	9-12

Lunch Meal Pattern

Fruit and Vegetables	¾-1 cup vegetables plus ½-1 cup fruit per day
Meat/ Meat Alternate	Daily minimum and weekly requirements Grades K-5: 1 oz eq. min. daily (8-10 oz. weekly) Grades 6-8: 1 oz. eq. min. daily (9-10 oz weekly) Grades 9-12: 1oz eq. min. daily (10-12 oz weekly)
Grains	Daily minimum and weekly ranges Grades K-5: 1 oz eq. min. daily (8-9 oz weekly) Grades 6-8: 1 oz eq. min daily (8-10 oz weekly) Grades 9-12: 2 oz eq. min. daily (10-12 oz weekly)
Milk	1 cup Must be fat-free or 1%
Saturated Fats	< 10% of total calories
Trans Fat	New specification: zero grams per serving (nutrition label)

“Promoting healthy and safe behavior among students is an important part of the fundamental mission of schools.”

•School Physical Activity Environment Assessment

Program/activity	Elem	Middle	High
Provide daily recess	90%	N/A	N/A
Provide at least 40 minutes of physical education per week	100%	100%	25%
Provide at least 60 to 120 minutes of physical education	75%	99%	Specific classes
Provide classroom physical activity integrated into school day	100%	10%	N/A
Offer facilities to families/ community for physical activity opportunities	90%	90%	90%

Studies show that physical activity has a direct correlation to academic progress that students achieve. The three elementary schools have developed a wellness policy that increase physical activity.

The data presented above is a summary from our schools. In addition Century 21 Programs at the Middle & High , CHAMPS at JHC and STARS at GES, Cub Club at TES provide physical activities for students after school. The high school has approx. ¼ of student body participating in extracurricular sports and/or taking advanced PE classes.

Our facilities are used in conjunction with the Monroe County Community Wellness Center for little league sports. The Monroe County Community Wellness Center provided resources for students during the school day and after school.

On behalf of the Monroe County School Food Service Program I am pleased to bring this information to you.

John Petett

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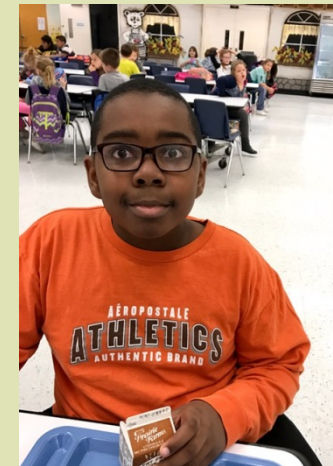
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MONROE COUNTY

School District

Nutrition & Physical Activity Report Card

2016/17



To prepare the children of the Monroe County School District for a lifelong learning experience, the Monroe County School Food Service is dedicated to serving nutritionally balanced meals.

School Breakfast

Healthy Hunger-Free Kids ACT

In January 2012, at the direction of the Healthy Hunger-Free Kids Act passed by Congress, the U.S. Department of Agriculture (USDA) published a final rule to promote the health of America's school children. The rule establishes new, science based nutrition standards for the National School Lunch and School Breakfast Programs. These standards are based on the recommendations of doctors, nutritionist, and other experts and are designed to ensure that taxpayer-funded school meals reinforce the efforts of parents who are trying to instill their children with healthy eating habits and lifestyles in the face of the nation's growing child obesity epidemic.

The new standards identify the healthy ranges for five categories of food—fruits, vegetables, grains, meats or meat alternatives, and fluid milk—as well as the health y ranges for total calories, saturated and trans fat, and sodium. For grains and meats/meat alternates components there are science-based, age-appropriate daily minimum quantities'.

Federal Reimbursement	\$791,406.56
# Schools Participating	5
Total Lunches Served	264300
Average Daily Participation	1642
Cost of Food Used	\$747,754.79
# Students Approved for Free Meals	1197
# Students Approved for Reduced-price Meals	89
# Students approved for Paid Meals	612
Lunch Prices	Adult: \$3.00 Reduced-price : \$.40
Pre-school-5 and 6-12	Paid: \$2.10

The School Breakfast Program (SBP) was established in 1966. School districts receive federal reimbursement for each school breakfast served that meets the U.S. Department of Agriculture's nutrition guidelines.

Studies show that children who participate in the School Breakfast Program have significantly higher standardized achievement test scores than non-participants. Children with access to school breakfast also had significantly reduced absence and tardiness rates.

Healthy Hunger-Free Kids Act will require changes to the school breakfast pattern starting 2013/14 school year.

Federal Reimbursement	\$472,902.14
# Schools Participating	5
Total Breakfasts Served	\$249,576.00
Average Daily Participation	1550
Breakfast Prices	Adult Price \$1.75 Student Reduced-Price: \$.30
Pre-school-5 & 6-12	Student Paid: \$ 1.00 & \$1.25



Summer Feeding Program

The Monroe County School Food Service Program operates the Summer Feeding Program at the Monroe County Resource Center. From May – July breakfast and lunch is fed at more than twelve sites, with an average of 400 children fed each day. The Summer Feeding Program has greatly expanded, with Food Service feeding Vacation Bible Schools, ball camps, band camps, public library summer reading, and children that have not reached their nineteenth birthday getting to eat breakfast and lunch free.

After School Snack component providing nutritious snacks to students involved in after school programs is offered at four of our schools.



Food That's In When School Is Out

Food and beverage items that are sold as extras on the cafeteria lines or through vending machines or school stores all meet the minimum nutritional standards required by the Kentucky Board of Education. These standards are designed to limit access to items with little or no nutrient density. No sales from machines or school stores take place until 30 minutes after the lunch period ends.